



# The Senior Edition



## The Shrewsbury Council on Aging Newsletter

Published Monthly for all  
Shrewsbury Residents age 60 and over  
**January 2005** **Volume 5, Issue 1**

### January 2005 Special Dates:

**Jan. 1st:** *Happy New Year!*  
All Municipal Offices Closed

**Jan. 12th:** COA Board Meeting

**Jan. 17th:** *Martin Luther King Day:*  
All Municipal Offices Closed

**Jan. 18th:** Friends of the Shrews. Senior Center,  
Inc. Membership Meeting: *Speaker: Town Manager*  
*Dan Morgado*

**Jan. 19th:** Free Blood Pressure Screening

**Jan. 21st:** Brown Bag Lunch and a Movie

**Jan. 28th:** Newsletter Mailing

*And much more...see inside for details and calendar  
on the last page for a complete look!*



*The Town of Shrewsbury's  
Council On Aging mission is to develop  
and support community activities which  
enhance the well-being of residents of the  
town who are age 60 or older.*

### Reminder to 'Snow Birds'...

For everyone leaving for warmer climates,  
PLEASE don't let your Senior Edition go to  
waste. When you go away and put your  
mail on hold, (or forward your mail) your  
newsletter does not get held. It is returned  
to us, which costs money! Take a minute  
before you leave and kindly let us know  
when you are leaving and when you will  
return so that we can stop your newsletter.  
We will gladly restart it again when you  
return! You may also access our Newsletter  
from anywhere via the website!

The COA would like to recognize the State Office  
of Elder Affairs for allocating a portion of the  
2005 Formula Grant to go toward the mailing  
labels for our Newsletter.



**Friends of the Shrewsbury  
Senior Center, Inc.**

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# Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center  
98 Maple Avenue  
Shrewsbury, MA 01545  
(508) 841-8640

## January 2005

### COA Staff and General Information:

Office Hours: Monday through Friday:  
8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

### Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,  
John Concordia, Secretary, Al Crommett, Lillian Goodman  
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Bob Dumas, Mike Jardarian

Mike Mazzola, Dick Londergan, Ed Rezuke and Keith Harlow

Dining Manager: Loretta Conroy 508-841-8757

### Volunteer Café Staff:

Shirley Golden, Ruth Runvik, Helen Nobilietti, Jeralyn Harrison  
Barbara Chevrefils, Carmella Iacono, Roger Faucher,  
Elayne Gilbert, Maureen Pulser, T.C. Lee, Susan Pappas,  
Betty Viscera, Denise Bachand, and Marie Nickles

### Meals on Wheels Drivers:

Michelle Mancini, Alan Buckley, George Berquist

Outreach Coordinator: Walter Rice

Volunteer Coordinator: Elaine Baskin

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

CARES Coordinator: Dave Grillo

CMAA Liaison: Vicki Zwerdling

### Volunteer Office Staff:

Dorothy Dobson, Mona Fortier\*, Anita and Harvey Grell\*,  
Loretta Henry, Carmella Iacono, Nancy Kowalczyk, Rena Quealey,  
Lucille McHugh, Katharine Nelson, Rochelle Lockwood,  
Ethel Portier, Barbara Morrissey, Phyllis Robbio, Ruby Schwartz\*  
and Betty Viscera \*NEW: Welcome!

Senior Aide: Layah Ruth Lehmann

Veteran's Agent: Richard Perron, 508-841-8386 (see pg 10)

### Your Newsletter Committee Consists Of:

Layah R. Lehmann, **Editor**, Fran Rimkus, **Chairman**,  
Bob Oetting, **Advertising Coordinator**, Ron Davis,  
Norma Giumentaro, Mary Layden, Janice McNamara,  
Maynard Rinker

### Happy January Birthdays To:

1/1 **Rena Qualey: Receptionist**  
1/5 **Mary Hardell: SHINE Counselor**  
1/16 **Elaine Kelley: Busy Hands**  
1/24 **TC Lee: Café Volunteer**  
1/28 **John Concordia: COA Board**



### Letter from the COA Director:

Happy 2005!

I am sure this

will be a busy New Year for all. I hope the Holidays were wonderful for you. I am writing to you as a new Mom. My husband Will and I returned from Russia last month with our newly adopted daughter, Olya Rose, who is 7. There is a picture of our expanded family below. Our boys, Liam, 10 and Riley, 8, now have a little sister. One of our colleagues in the aging network had visions of us being stuck in the airport at customs, like the movie "The Terminal". Fortunately, that didn't happen and since the movie is now out on video, we thought it would be fun to show this month (see pg 3), especially where Tom Hanks is a favorite star for so many. For those of you who knew about our adoption adventure, I sincerely thank you for your thoughts, prayers, stories and support.

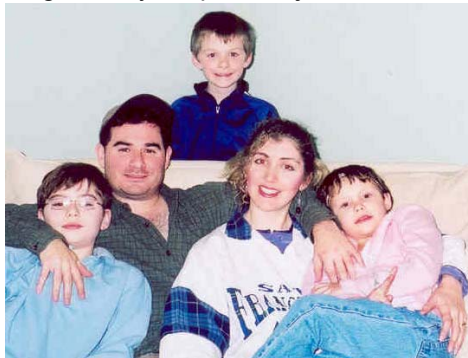
I also want to thank several organizations for their recent generosity to the Council on Aging. The Shrewsbury Grange #101 recently disbanded after being in place for over 100 years. They gave funds to help support the 3<sup>rd</sup> van. The Matthew Whittall Masonic Lodge also gave additional funding for the 3<sup>rd</sup> van recently. The Piecemakers, the quilting group at the Senior Center, donated all the proceeds they received from their quilt raffle that they held during the Fall Festival. The Independent Artists also gave a recent donation. Lastly, thanks to Roger Faucher and Harry Pierce, who placed the bricks from the newest brick order into the patio. New bricks were ordered as holiday gifts and these will get placed soon as well. Please remember that the bricks are an on-going fundraiser for the Senior Center and are a wonderful way to remember someone, celebrate something special or give as a gift. Simply call the Senior Center for more information.

We hope you enjoy the 12 page edition to start off the new year. After getting wonderful feedback on our expanded edition for the Fall Festival, we wanted to expand to 12 pages beginning in 2005. This will allow us to put most articles in larger print and to give space to you, our readers, to give us your poems, jokes, editorials and more. This is

something we've always had requests for but have never been able to consistently commit the space.

Have a terrific month!

Sharon M. Yager



*The Newly Expanded Yager Family: Riley (top), Liam, Will, Sharon and Olya*

**Tax Relief: Help Is Available In Several Forms!**

This time of year often brings about thoughts of Taxes... tax bills, paying taxes and the like. As always, we are here to do whatever we can to help.

We will again be providing Tax filing assistance with the free **AARP Tax Assistance Program**. One on one appointments will begin February 1<sup>st</sup>, so feel free to call now to book your appointment. Be prepared to bring: current year's tax return, copy of last year's return. W2 forms, if applicable, any statement of Social Security Benefits, all forms indicating federal income tax paid, and all receipts or cancelled checks if you will be itemizing deductions. A full list of what you need will be read to you when you schedule your appointment.

Please remember, even if you don't normally file taxes, you **MUST** do so if you want to take advantage of the **Circuit Breaker Tax Credit**. This can also be done by AARP Tax Assistance and can be done for multiple years if you have the correct documentation. Again, call the Senior Center to make an appointment.

We will also begin the next round of **Tax Work Off Program** slots and encourage anyone interested in this program to call and learn more. For those unfamiliar with the program, those with certain income requirements work for various town departments in exchange for a reduction in their property tax bill. You must own your home to participate. To get an application and more details on the program, call the Senior Center.

**Watch for A Survey from CMAA: You May Be One Of The Special Few!**

This month, the Central MA Agency on Aging, in conjunction with the Massachusetts Executive Office of Elder Affairs, will be conducting a random survey of seniors throughout the state. This survey is similar to the last one, which was conducted in 2001. The purpose of the survey is to gather information on issues where people may need assistance and the results will help determine how federal and state funding will be spent in the Commonwealth. Based on population, we have been told that about 40 seniors in Shrewsbury are due to receive this special survey. Therefore, if you receive one, it is **EXTREMELY** important that you return the survey as soon as possible in the envelope that will be provided by the Executive Office of Elder Affairs. Your survey is confidential, but if you receive one and have questions, you can always call the Senior Center or call the CMAA directly at 508-852-5539.

**January 21st 11:30am Lunch/Movie**

Join us for this month's feature sponsored by Westboro Bank. Come and see the romantic comedy "**Terminal**" from director Steven Spielberg, starring Tom Hanks as Victor Navorski, Catherine Zeta-Jones as Amelia Warren and Stanley Tucci as Frank Dixon. Hanks (Victor) plays an Eastern European man whose plans of immigrating to New York are hastened by a violent coup in his home country. Unfortunately, Victor finds himself on the wrong end of a nasty technicality while en route to America. His passport was issued from a country, which, during its upheaval, ceased to exist in an official capacity. Unauthorized to leave Kennedy Airport upon his arrival and unable to return home, Victor finds himself exiled inside the terminal's international transit lounge.

What follows is a crazy adventure stretching into months, as the terminal transforms from an intimidating atmosphere of forced assimilation into a country within itself, complete with culture, ambition, status, complex diversity, and the need for love.

**Outreach News: Fuel Assistance Update**

Brochures are available at the Senior Center on the **NSTAR's** program for those who use gas for fuel. If you have questions about the program, simply call 1-800-566-2080 or visit the website at [www.nstaronline.com](http://www.nstaronline.com).

Joe Kennedy's Citizen's Energy Program is up and running again for this winter season. Call to learn more about this one-time assistance program for those who qualify.

Income guidelines for **Fuel Assistance** are \$18,620 for a single person and \$24,980 for a couple. Remember, even if you are over income, you may still be eligible for Citizen's Energy or other programs. Call Outreach Coordinator Walter Rice at 508-841-8647.

**Do you need help clearing your walkway?** All efforts are being made to find help for those who need snow removal for their sidewalks or cars. At this time, Walter is still coordinating this service and has a list of names of the people who need help with snow removal. When he has made contact, he will be in touch with you.

**Pedometers Still Available**

We have reordered more pedometers. So there are plenty to go around. Why not start the New Year off walking? Work off all those delicious holiday meals. Such great exercise! Even in bad weather, you can walk inside the malls!

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**CARES January Column:**

Some Consumer Current Events

**By Dave Grillo, CARES Coordinator**

(Consumer Awareness and Resources for Elders in Shrewsbury)

"I feel so stupid." I hear this refrain quite often from your fellow seniors after they have been talked into buying something that they later realize benefited the seller more than themselves. In retrospect, they regard their purchases (or being duped by a con) as unwise. I'm glad they call the CARES Program. When they call, I am often able to show them how much like everyone else (including me) they are; we are all overmatched as consumers. Too many seniors suffer in silence after they have made a mistake with their money. Beyond feeling stupid, many are paralyzed by the fear that a family member will step in to take over control of their lives. CARES is one of many objective resources available to you when you believe you have made a mistake and wish to, first, look for solutions independent of those involving family. Don't suffer in silence; let's talk about it. . . . In November, a multimillion-dollar scam, in which a high-profile Boston-area financial advisor and talk radio personality, Bradford Bleidt, ripped off hundreds of his clients, came to light. Mr. Bleidt had no blemishes on his record until he was exposed. So the sage advice that directs you to check out an advisor's/planner's track record would have been useless in this case. To protect yourself after you have hired a financial advisor or planner, write out checks to the brokerage firm(s) which you end up investing in; any checks written to your advisor should be only for his/her services. Be wary of statements that come from only your advisor; confirm such statements by requesting duplicate statements regarding your investment information directly from the company in which your money is invested. Mr. Bleidt was able to do so much damage because his clients had no direct contact with the firms they believed they were invested in. . . . You lose your right to contest a charge on your credit card statement if you don't respond in writing within the 60-day period outlined on your statement. Some consumers have lost this right by directly complaining to the companies that falsely charged them and then waiting while the companies didn't handle it as they promised they would while the 60-day period expired. So, contact the companies, but also contest the charges with the credit bureaus (per the instructions on your statement) if the charges haven't been erased by the next statement after the false charges appear. . . . Your checks are bound to clear faster now since a new law, "Check 21", took effect in November. You cannot rely on "float"—the amount of time it takes for checks to clear—any more. . . . Make sure you have accessible legal instructions as well as thoughtful discussions with your doctor regarding your wishes on end-of-life decisions.

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

**Volunteer Opportunities:****Volunteer Opportunities Inside the Senior Center:**

**Volunteer needed to assist** Volunteer Coordinator to do random office tasks. *Receptionists* needed for morning or afternoon shifts.

**Friendly Visitor Program:** needs volunteers for the homebound who would appreciate having a friendly visitor.

**Shopping Helpers Needed:** We have had several calls for volunteers to help elders with shopping and other tasks that involve driving. If you can help, please call.

**Volunteer needed to represent COA:** and to take notes at the monthly meeting of the Shrewsbury Partnership for Children.

**Do You Play the Piano?** We are looking for a volunteer to play piano once a week at the Shrewsbury Senior Center. Background music would add so much!

**Volunteer Opportunities Outside the Senior Center:**

**The CASA Project:** (Court Appointed Special Advocates) needs volunteers to serve as the eyes and ears of the Worcester County Courts for abused and/or neglected children. For more information call: [508-757-9877](tel:508-757-9877) or [www.thecasaproject.org](http://www.thecasaproject.org).

**Hospice Volunteers Needed!** Hospice Care always needs volunteers to work with terminally ill patients and their families in home settings and nursing home facilities. In addition to providing meaningful experience, volunteers also receive training and ongoing support. There are a variety of volunteer opportunities available. The local VNA can be reached at 1-800-728-1862 or UMASS Home Health and Hospice at 508-754-0052. Care Alternative Hospice of Middlesex also needs help, they are at 1-866-508-8390. ext. 103.

**The American Red Cross** of Central MA needs dedicated volunteers to teach Community Disaster Education programs throughout neighborhoods. The free programs for all ages teach how to stay safe during an emergency such as; How to Create an Emergency Plan, How to Build an Emergency Kit, What to Do During a Fire and How to Stay Safe When Home Alone. For more information about these and other programs please contact: Jessica Sexton, Coordinator of Community Disaster Education (508-595-3730) or e-mail at [sextonj@usa.redcross.org](mailto:sextonj@usa.redcross.org).

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please contact Elaine Baskin, Volunteer Coordinator, at the Senior Center: **508-841-8758** or email: [ebaskin@th.ci.shrewsbury.ma.us](mailto:ebaskin@th.ci.shrewsbury.ma.us).



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Citizen's Club**  
**Mondays**  
11am  
President:  
Sylvia Jarras  
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### **Veteran's Agent News**

Richard Perron, 508-841-8386

Office Hours: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

### **Mass Department of Veteran's Services**

#### **The Women's Veteran's Network Needs You!**

If you are a woman who served in the military, the Women's Veteran's Services would like to include you in the national database. Information is provided on federal, state and local benefits. You would automatically be notified if there are any benefit changes as well as any opportunities to network with other female veterans. To contact the Women's Veteran's Network, Mass Department of Veterans Services, contact them at 600 Washington Street, Suite 1100, Boston, MA 02111. By phone: 617-210-5781, or reach by e-mail: [DVSWomen@vet.state.ma.us](mailto:DVSWomen@vet.state.ma.us) or visit their website: [www.mass.gov/veteran](http://www.mass.gov/veteran).

### **2005-2006 Legislative Agenda for COAs**

This information is provided courtesy of the statewide COA network, MCOA. There are four major initiatives for the new year's legislative agenda that the network will be focusing on:

1. Increase in Formula Grant funding. A 10% increase is being requested so that COAs will have more funding for their grant-funded programs. Here in Shrewsbury, we use the Formula Grant to fund our Outreach and Volunteer Coordinators. The balance helps pay for office supplies, including supplies used to publish the Newsletter.
2. Make COA Directors and Outreach Coordinators Mandated Reporters for elder abuse. Currently, most Directors and Outreach Coordinators feel morally obligated to report any signs of abuse or self neglect to the state. However, this would make it law, so that there would be no ambiguity around this serious issue.
3. Develop a state sponsored "wrap around program" based on the benefits of Prescription Advantage program to augment the federal Medicare Prescription Relief legislation that goes into effect 1/1/06. Specific legislation must be included in the budget to fill in the gaps.
4. Develop Property Tax Relief legislation that will give local communities various options to provide relief to their residents.

We will keep you posted on these initiatives as the year progresses. If you want to advocate for these issues, contact our local legislators, Representative Karyn Polito and our new Senator Ed Augustus.



### **On-Going Services Available This Month At The Center:**

#### **Website Information:**

Remember that the Town has a wonderful website available at [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov). You can also go to the Council on Aging's Home Page through the town's site. Virtual Tours are being developed for the website. A virtual tour of the Senior Center should be available soon.

The department's Outreach Site Updated! Feel free to go on the site to learn more about the various programs available to you through the outreach program.

#### **Why Not Attend One Of Our Free Screenings or Clinics?**

##### **Screenings: What's Offered When and By Whom?**

**Wellness:** Shrewsbury Family Chiropractic offers free screenings on the 2nd Tuesday morning of each month. By checking out your spinal health, which affects your nervous system, you can learn about various ways to improve your wellness. Please call Senior Center for appointment.

**Hearing:** Professional Hearing Associates of Westboro offers a free screening the 2nd Tuesday afternoon each month. Check your hearing, have ear wax removed, hearing aids cleaned and hearing aid batteries changed all free of charge. Please call Senior Center for appointment.

**Blood Pressure:** The COA's own volunteer RN, Lucille, will check your blood pressure the 3rd Wednesday morning each month. 1st come, 1st served.

##### **Clinics: What's Offered When and By Whom?**

**Legal:** The legal clinic is offered once a month by appointment with four rotating elder law attorneys: Chris Mehne, Paula Smith, Jim Slavin and Nick Kaltsas. The days vary depending on their availability. You get a one-on-one appointment to discuss your legal concerns. We will highlight everyone's specialty in a future issue.

**Financial:** The Financial Clinic is offered by appointment in a one-on-one setting to discuss your financial planning or current investment questions and concerns. Although we used to have a rotation, Planner Cliff Jefferson has made himself available to those who need help. We hope to duplicate the Legal clinic during 2005 so other planners will be available as well in a rotation.

#### **Transportation Reminder:**

**Snow Policy:** If Shrewsbury Schools are closed, it is town policy that the COA buses stay off the road for safety reasons. If you would like a full Transportation brochure, you may view one on-line or call to have one mailed to you.

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who can Rent  
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space?



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### Men's Friends News

Eileen F. Terrill, a nurse practitioner who teaches at Worcester State College, touched on the importance that "you are in charge of your health". She also stated that it's very important that you freely communicate with your doctor or nurse practitioner.

The luncheon on December 9th was enjoyed by all. Planned speakers and upcoming meetings should be very interesting. See you there!



### Attention Skiers: Mt. Wachusett

#### Discount Season Passes

Winter is coming and Mt. Wachusett offers discounts through group plans. Harry Pierce has formed a group for the last 21 years and invites everyone to join the fun weekdays on the mountain. Applications are available through Harry. Call him at (508) 845-9692 to learn more.



### Passings:

The COA expresses its sympathies for the passing of **Shirley Glasser** and **Eleanor Judson**. Shirley was a member of the Shrewsbury Senior Citizens Club and was a volunteer for the Newsletter Mailing and the Community Dinners. Eleanor was the mother-in-law of Selectman Moe DePalo. Eleanor was a volunteer at Fairlawn Rehab for many years and had been active at several Senior Center activities. Both ladies had a lot of tenacity and spunk that will be missed. We also express our sympathies to Town Accountant Mary Thompson, whose father passed away last month.

### Travel

**Don't spend the Winter months cooped up...get out on one of these fun trips with your friends!**

#### Anna & Bernie Keiser: 508-753-1387

Will resume their trips in March, beginning with a trip to Mohegan Sun. Please call them to get their 2005 trip schedule that is currently in the works.

#### Frank Fulginiti : 508-845-6509

Frank will be running trips to Foxwoods Casino on the following dates:

January 11th, February 8th and March 8th

*Call Frank or Anna about other exciting trips they have planned!*

### Friends of the Shrewsbury Senior Center, Inc.

Make it your New Year's resolution to join the Friends general meetings! Mark your calendars for the third Tuesday afternoon, 1 pm, each month at the Senior Center. Bring your questions and concerns about what is going on in our wonderful community to Dan Morgado, the speaker for the January 18, 2005 meeting. If you want to know what is going on...Dan is the man to ask! Afterward play some games of Bingo to test your luck! Coffee, tea and scrumptious desserts will be served. Bring your friends along for a wonderful, entertaining after-noon together.

The Friends wish to thank Pat Postale for her generous donations of yummy, home-baked cookies for our December raffle. Thank you to all of our wonderful monthly bakers. We appreciate these delightful treats to accompany our coffee and tea.

Thank you to so many of you that come along to the monthly meetings. It is always so nice to see our friends. We thank you for supporting our monthly events. We also give a BIG thank you to Louise Russell for her leadership skills as the President and her dedication to the Friends of the S.S.C. We have accomplished much with our fundraising events to purchase items needed at the center and for varied, informative, entertaining monthly meetings.

Come and join in the fun and activities of the group dedicated to fostering and encouraging the dignity and independence of the senior residents of Shrewsbury.

Help support the Friends of the Senior Center by becoming a member now or to renew your 2005 annual membership for just \$5! Fill out the membership form below and send it to the Senior Center or bring it to the meeting or give it to a Friend's member.

.....

— MEMBERSHIP APPLICATION —

*Friends of the Shrewsbury Senior Center, Inc.*  
*Enclosed is my \$5.00 membership dues.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Make checks payable to:  
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 Shrewsbury, MA 01545

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Victor R. Quaranta  
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**Shrewsbury Friends  
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 President: John Kehoe**

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### **Adult Education at the Shrewsbury Schools**

The Shrewsbury Adult Education Program is a self-supporting branch of the Shrewsbury Public Schools. The goal is to provide quality educational and enrichment opportunities for Shrewsbury residents at an affordable cost. The program is self-supported by fees and is overseen by the Shrewsbury Adult Education Committee. Courses for the Winter Session include Computer Classes, Arts and Crafts, Cooking Classes and special interest classes such as "The Holocaust", "Chinese for Beginners" and more. All classes are held at the new High School on 64 Holden Street. Registration and information are at 123 Spring Street. You may call 508-841-8300, ext. 1686 or e-mail for more information. Brochures are available.

### **Did You Know Shrewsbury Community Services Has A New Name?**

Back in the Fall, Shrewsbury Community Services' name was formally changed to Shrewsbury Youth and Family Services, Inc., or SYFS. There is a new website at [www.shrewsburyyfs.org](http://www.shrewsburyyfs.org). New Director, Jeffrey Chin, MSW, works with a Board of Directors that includes Police Chief A. Wayne Sampson, who serves as the President, Arthur Dobson, Attorney Christopher Mehne, Joe Montecalvo, Representative Karyn Polito and many other dedicated Shrewsbury residents. The COA works closely with SYFS and does many cross referrals for people in town who need help. SYFS is funded partially by the town, and relies on grants and community support for their other funding. A mailing was sent to all residents for their annual appeal. If you have questions about the organization or would like help from them or know someone who could benefit from their assistance, feel free to call them at 508-845-6932.

### **Parks and Recreation Programs:**

**Save the Date!** Spring Registration will be held March 5th. Summer Registration will be held May 15th.

Wondering if the weather has canceled a Parks class you are registered for? A **Parks Weather Cancellation Hotline** has been set up at 508-841-8336. If the Shrewsbury Schools are closed due to weather on a particular day, Parks and Rec classes are automatically canceled and make up classes will be scheduled.

### **Shrewsbury Public Library News:**

**Call 508-842-0081 for Info!**

### **Library Book Group Dates**

#### **Eclectic Browsers**

"Fast Food Nation" by Eric Schlosser

January 20th, 10:30am

#### **Great Books**

"Love In The Time of Cholera"

By Gabriel Garcia Marquez

January 18th, 7pm

### **Pageturners Mystery Book Group:**

"Red House Mystery"

By A.A. Milne

January 6th, 10:30am

### **Science Fiction: "I am Legend"**

By Richard Matheson

January 12th, 7pm

(Time permitting, the film adaptation will be shown)

Snacks will be provided but please bring your own beverage.

### **Computer Classes**

Registration is necessary for all classes and may be done at the **front desk** or by calling 508-842-0081 ext. 3 for more information.

### **Library Navigation 101**

For anyone interested in learning how to use the online card catalog with ease and join us for a 90 minute lesson and a guided tour of the Library. You'll learn how to check your library record online, renew and request materials, and where all the good books are hidden! Classes will be held on **January 11th at 10:30am, January 27 at 3:00pm, February 1st, 10:30am and February 16th, 1pm.**

### **Toys for Tots**

A total of \$1,670.00 was presented to the Marine Corps Reserve from fines and donations collected in November at the Library. Over 250 toys were collected at the Library and donated to *Toys for Tots!*

### **New Microfilm/Fiche Reader**

Is available...call the library for more details!



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### **Taking Care of Your Feet**

(Taken from Family Safety and Health, Vol. 61, No. 2, courtesy of the Sutton COA's "Sixty + News")

#### **The Right Shoes Make All The Difference!**

-The #1 mistake people make when it comes to buying shoes is not buying the right size. 70% of people buy wider shoes when they should be buying longer shoes and longer shoes when they should be buying wider ones.

-Feet tend to get wider and longer as one gets older. Also, the fat pads on the bottom of your feet begin to thin out. This can be compensated for by wearing thicker socks and well cushioned shoes.

-Do your shoe shopping late in the afternoon or evening, when your feet are more likely to have swollen during the course of the day. If shoes hurt the first time you try them on, **DON'T BUY THEM!**

-Wear shoes with large, rounded toe boxes to discourage bunions so that your toes are pinched together.

-Wear shoes with low heels as often as you can. (Obviously, this applies to the women readers!)

### **Whittier Rehabilitation Hospital**

Invites you to a free community education program: "**Cold and Flu Medications**" on Monday, January 24<sup>th</sup> at noon. Since its "that time of year"...what medications should you take should you feel under the weather? What over the counter drugs affect your prescription medication? Are there over the counter medications that may be harmful to your particular medical condition? What about herbal and nontraditional treatments? Let the Whittier Pharmacy Staff educate you and answer your questions on this important subject. To sign up for this FREE talk and luncheon, call 508-870-2222, ext. 2134 to RSVP.

### **Alzheimer's Family & Caregiver Support Group**

Get the support and education you need, as well as a chance to share your feelings, ideas and concerns. Meetings are held monthly, the first Tuesday of the month from 7-8:30pm at Whitney Place in Westboro. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be held on January 4, 2005, February's will be held on February 1, 2005.

### **Post-Holiday Blues:**

#### **More Serious For Seniors?**

For many Seniors, who may be dealing with several losses, the letdown of the post-holiday season can be overwhelming. Older people are likely to experience post-holiday depression, but are less likely to talk about it because of the generational stigma or mistaken fears. In this important presentation, a Geriatric Psychiatrist will show you how to recognize post-holiday depression, learn what depressions, what causes it, how it can affect the individual and the family, and how it can be treated effectively. Two sessions will be held locally at the Whitney Place Assisted Living Residences. The January 12<sup>th</sup> talk will be conducted by Dr. Gary Moak at 1 Lyman Street in Westboro. RSVP at 508-898-3490, ext 5050. The January 20<sup>th</sup> talk will be conducted by Dr. Daniel D'Andrea. RSVP at 508-393-5655, ext. 261. Both talks begin with a tour and light refreshments from 5:30 to 6pm followed by the program from 6-7pm.

### **FREE ONLINE HOLIDAY SUPPORT GROUP**

#### **FOR CAREGIVERS OF ELDERLY**

#### **Connection for Caregivers**

"CAREGIVERS" (individuals who provide care to older relatives, partners & friends), you don't have to go it alone! If you are trying to juggle normal everyday stress with your role as a caregiver of an elder we are here for you. Whether you are an adult child of aging parents or the spouse of an ailing elderly partner there is help available. Just go to [www.SeniorConnection.org](http://www.SeniorConnection.org) and click on **Connection for Caregivers**. Become a member of the website, at least one business day prior to the session, then register for the Facilitated Support Group. All you need is a computer with speakers to participate Chris MacWade, LICSW, from Family Services of Central Massachusetts will be the facilitator. It is **FREE** from your **Central Massachusetts Agency on Aging** and is intended to provide you relief from your caregiver stress.

### **January Is National Eye Care Month!**

#### **Britton Funeral Homes, Inc**

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**January SHINE Update**By **Ellin Hassett, Regional SHINE Director**

Along with the New Year come new changes in the Medicare Benefits for 2005. Some of the changes are listed below: **A Inpatient Deductible has increased to \$912/day from \$876/day. B Outpatient Deductible has increased to \$110/year from \$100/year. Medicare Part B premium has increased to \$78.20/month from \$66.60/month in 2004.** Anyone interested in a Medicare Discount Drug Card can apply at any time during 2005. The card you choose will give a discount off the cost of your prescription drugs at your local pharmacies. To find out what card would work best for your situation; call Mass. Medline at (866) 633-1617 or Medicare at (800) 633-4227. Have a list of your current medications with their dosages available. To obtain a form for these cards you can contact the SHINE Program. You may also want to review the guidelines outlined below:

**Medicare Sponsored Discount Cards**Who **CAN** get low-income Credit?

- Medicare Beneficiaries with incomes less than \$12,569/individual and \$16,862/couples
- Government pays the annual premium and 90-95 percent of your drug costs, up to a maximum of \$600 in 2005
- There is no asset test

Who **CANNOT** get the low-income credit?

- Those who receive prescription coverage from retirement benefits
- Those who receive prescription coverage from a current employer
- Those people on Medicaid
- Blue Care 65 members need to use
- Blue Care 65 to access his or her Discount Drug Card. Members should call 1-800-678-2265 for info.

If you think you meet the above criteria – contact an outreach worker to discuss your options and **bring a printout of your prescriptions to your appointment.**

Please contact a SHINE Counselor if you would like to know more about any of this information. We can be reached through your local Senior Center or by calling 1(800) AGE INFO, 1(800) 243-4636, option #2.

**SHINE** counselors can help you understand your prescription benefits and assist you with reimbursement requests.

**SHINE** (Serving the Health Information Needs of Elders) is a free service available to Medicare beneficiaries of all ages. To reach the SHINE Program call 1(800)243-4636 (AGE INFO) hit option #2.

*The SHINE Program provides free, confidential and unbiased health insurance counseling for Medicare beneficiaries and their caregivers.*

**Good Food = Good Health: Serve**

Sign up on-line at [www.servenewengland.org](http://www.servenewengland.org) or in Person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. There are many specials this month! The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available. Deadline is Jan. 6 for distribution on Jan. 22.

**Fallon Representative Available:**

The local representative from the Fallon Senior Plan is available during January on the following dates at the convenient locations listed below:

**Fallon Goldstar Blvd**, 135 Gold Star Blvd, January 14<sup>th</sup>, 2:30pm (by appt only)

**Bickford's**, 539 Lincoln Street, Worcester, January 18<sup>th</sup>, 2:30pm

**Christina's Café**, 22 South Street, Westboro, January 24<sup>th</sup>, 10am

**Fallon Plantation St. Annex**, 630A Plantation Street, January 27<sup>th</sup>, 10am (by appt only)

**Christos**, 97 Stafford Street, Worcester, January 28<sup>th</sup>, 2:30pm Call 1-888-377-1980 for more information.

**New Publications Available:**

**Active Life Magazine from Golden Age Entertainment:** This quarterly publication from the folks that operate our Golden Age Radio cover the Prescription Drug Care "U Share", information on Bone Health and more. The free newsletters are in the plastic holder on the radio.

**Merck Manual of Health and Aging:** This 950 page comprehensive guide to aging was written for older adults and those who care for and about them. It is easy to read, informative and contains interesting cartoons and essays on aging. The book was a gift from Board Vice Chair Helene Tanenholtz and is available from our resource library at the front desk.

**Older Americans Information Directory:** This 1,100+ page volume reviews various books, continuing education, web sites, government programs, health, hotlines, legal resources, libraries, organizations, research centers and travel discounts. This book is also available from our resource library at the front desk.

*Attorney***Susan B. Nissenbaum**

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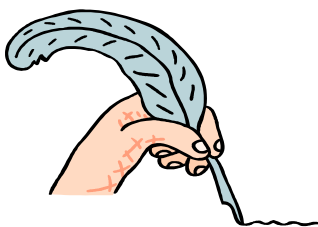
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## The Poet's Corner

### **Wake Up Call**

By R.W. Coulter

As I lay there slumbering  
 I didn't hear a peep  
 Until that noisy redbird  
 Woke me from my sleep.  
 It used to be the rooster  
 That stirred us in the morn  
 His daily duty understood  
 Since all of us were born.  
 But now it seems the cardinal  
 Has popped up in his place  
 And loudly proclaims reveille  
 To wake the human race.  
 His notes are clear and perfect  
 Well practiced one can see,  
 More melodious than the rooster  
 But lacking harmony.  
 He sits upon the highest perch  
 And broadcasts forth his call  
 To make it known that dawn has come,  
 So get up, one and all!

Richard Coulter is a member of the Senior Writer's Group here  
 at the Senior Center.

### **Calling All Poets**

*The Senior Center is looking for poetry to be published in  
 our monthly Senior Edition. If you are interested, please  
 send your copy no later than the 10th of the month, to  
 the attention of Layah R. Lehmann, Editor.  
 Poetry should be no more than 30 lines.  
 We look forward to hearing from you!*



### **Frost, The Magician**

The rime has frozen  
 overnight to gems of crimson ice  
 along the buckwheat stems

By Ranko

The Haiku is a traditional Japanese form of poetry  
 consisting of three lines with 5-7-5 syllables per line.

**Welcome** to our new page...Your Contributions! This page is for YOU, by our readers, for our readers! Whenever space permitted in the past, we would try to fit in your special announcements, poems, editorials, jokes, recipes and more, but as you know, that didn't happen often! We look forward to seeing creative submissions from as many folks as possible! We respectfully request you follow the guidelines below for your submission per the **Newsletter Policy** of the Newsletter Committee:

- Names must appear with any submission
- Submissions may be edited without notification
- No profanity or offensive material
- Articles, jokes, announcements, etc. should be less than 150 words
- Subject to space limitations, submissions should be limited to one per every three months. —Thank You!

### **Question of the Month:**

#### **What is your New Year's Resolution Or Wish?**

"Peace on earth and tolerance for your fellow man."

*Rochelle Lockwood, Volunteer Receptionist*

"To stay in shape to play senior soft ball."

*Roger Faucher, Volunteer Maintenance*

"We are all perfect as we are!"

*Janice McNamara, Newsletter Committee*

"I just wish for Health"

*Carmella Iacono, Volunteer Office and Café Staff*

"Bring me a shopping bag of money and a new pair of shoes!"

*Betty Viscera, Volunteer Receptionist and Café Staff*

"We don't need improvement. We're too old to make any changes so we accept it and are in denial!"

*Maynard Rinker, Newsletter Committee*

**Asked by Layah R. Lehmann  
 at the Shrewsbury Senior Center**

### **Musings**



When you are  
 dissatisfied and would  
 like to go back to youth,  
 think of Algebra!

### **Worcester Art Museum (WAM):**

Discover the extraordinary history of human creativity at the WAM! Come and view the exhibits currently showing: *Modern Japanese Prints from the Permanent Collection*, until January 23, 2005; the *Jim Hodges, "Don't Be Afraid"* until March 2005 and *Photography at the Worcester Art Museum: Keeping Shadows* until January 2nd, 2005. The Worcester Art Museum charges \$6 for seniors over age 65 and offers a Museum Shop Café, Tours and Classes. For more information, contact the Worcester Art Museum at 508-799-4406 or visit their website at [www.worcesterart.org](http://www.worcesterart.org).

### **Adult Open House and Student Exhibition Reception**

Explore the wide range of classes and workshops offered at the Worcester Art Museum January 13, at 5:30pm. The open house is your opportunity to meet instructors, watch demonstrations, and view artwork created by adult students during the fall session of classes. This event is free and light refreshments will be served. Call 508-799-4406-3007 for a Classes brochure or browse listings and register online at [www.worcesterart.org](http://www.worcesterart.org).



Above: Bill Griffiths, one of Worcester Art Museum's most popular instructors, is demonstrating painting techniques.

### **Classes for Adults at the Worcester Art Museum**

Winter/Spring classes for adults begin January 24 to April 8. The 10 week session features new classes like the Art of Tai Chi, Fashion Design, and

Painting Your Dreams and old favorites such as watercolors, Photography, and the Studio Sampler. No time for a 10 week class? Try a weekend workshop or day trip. Scholarships are available. Call 508-799-4406, ext: 3007 for a Classes brochure or browse listings and register online at [www.worcesterart.org](http://www.worcesterart.org).

### **Gastonart and Frame**

The exhibit *Arts Alive!*, presented by the Artist Guild of Shrewsbury is currently running through January 3, 2005. Hours are 10am to 8pm Monday through Friday at Gastonart and Frame on 370 Boston Turnpike in town.

Also, on January 3rd, there will be a Portrait Demo with Dianne Miller. Ms. Miller, an a plein air artist from Boston. Ms. Miller paints landscapes, cityscape and portraits. The Demo is held in the Community Room at Southgate in Shrewsbury on Julio Drive. It will begin at 7pm and go until about 9pm. Fee at the door is only \$3 for seniors. For more information please contact: John Gaston at 508-754-3700.

### **Folk Music Duo to Perform at Tower Hill**

John and Heidi Cerrigione, a multi-talented acoustic duo from Ellington, Connecticut, will perform their own simple brand of "Old-Time Sentimental Music" at this year's Holly Days celebration at Tower Hill. Their songs and tunes will be drawn from many traditional sources, including fiddle and dance music of early America and the British Isles. Listen as a variety of instruments such as the autoharp, hammered and mountain dulcimer, banjo, guitar, and acoustic bass are played throughout this delightful performance.

This show is Sunday, January 2, 2005 in the theater and is free with garden admission. For more details call 508-869-6111 or log on to [www.towerhillbg.org](http://www.towerhillbg.org).

### **Worcester Center for Crafts**

How about starting the New Year learning a new craft? The Center for Crafts, the oldest Craft Center in the country, offers many courses including ceramics, drawing, enameling just to name a few! An Open House will be held on January 27<sup>th</sup> at 5:30 to 7:30pm to sample the different classes their courses have to offer. Classes begin February 7<sup>th</sup> (session III). Any questions you may have regarding the Center's programs can be answered by calling 508-753-8183 or by email at [www.WorcesterCraftCenter.org](http://www.WorcesterCraftCenter.org).

### **Happenings at Higgins Armory Museum**

The Higgins Armory Museum has the following events taking place during the month of January. There are additional events taking place there as well. To find out more, call 508-853-6015 or visit their website at [www.higgins.org](http://www.higgins.org). Regular admission for seniors is \$7.00.

**Founder's Day**, Saturday, January 8th, 10am-4pm (FREE for all). The Higgins is celebrating Founder's Day by showcasing ALL its programs. Meet Joan of Arc and Hernan Cortes, tour the "Dungeon" (Conservation Lab), enjoy presentations by the Company of the Wolfe Argent, a Viking Warrior, a Roman Legionary and armored combat demonstrations. Sure to be a historic occasion!

**MacBeth Gallery Talk**, Saturday, January 15th, noon-1pm (Free with regular admission) Written at the height of his craft as a playwright, Shakespeare's shortest tragedy is in many ways his most gripping and tightly constructed work. This talk will examine the playwright's vision of the depths to which the human spirit can sink when possessed by desire and ambition, within the context of the social, religious and political climate of early 17th century England.

**Roman Legionary**, Sunday, January 16th, 2-3pm, Free with regular admission) Encounter a Roman Legionary as he talks about the history and structure of the Roman Legions and what various weapons, armor and equipment the soldiers could use. You'll also hear about what life was like for a Roman Solider.



"Whatever you can do or dream you can do, Begin it, Boldness has genius and magic and Power in it"~ Johann Wolfgang von Goethe



# January 2005 Calendar

**Please Note:** Ending dates PARKS/REC activities are indicated with an (\*). To find about other adult programs being offered, please call the Parks Department at 508-841-8503, for information on registration dates.

## Monday

**3**  
9:30: Piecemakers  
11-1:00: SSC Club:  
11:30: Whist  
12:00: Bridge Lessons:  
Intermediate & Advanced  
12:30: Bridge

### Peppered Beef Steak

## Tuesday

**4**  
**Trip: Xmas Tree Shop**  
10-11:00: Senior Line Dance\*  
10-12:00: Independent Artists  
Noon: Painting with Elaine  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginners\*

### Pork Stir Fry

## Wednesday

**5**  
9:30-10:30: Fitness & Nutrition\*  
11:00: Yoga  
12:30: Bridge  
1-3:00: Whist  
1-2:00: Pilates  
2:15-3:15: Chair Pilates

### Beef Ziti Bake

## Thursday

**6**  
9:00am Men's Group  
10-12:00 Acrylic Painting \*  
1:00: Pitch

### Chicken Mornay

## Friday

**7**  
9:30: Writer's Workshop  
10:00: Cribbage  
1-3:00: Busy Hands

### Chicken Croquettes

**10**

9:30: Piecemakers  
10-12:00: **Free Legal Clinic**  
**With Chris Mehne**  
11-1:00: SSC Club  
11:30: Whist  
12:30: Bridge

### Chicken Teriyaki

**11 Trip: Solomon Pond**  
10-11:00 Senior Line Dance\*  
10-12:00: Independent Artists  
10:00: *Spinal Screening*  
1:00: *Hearing Screening*  
Noon: Painting with Elaine  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginner's\*

### Seafood Newburg

**12**  
9:30-10:30 Fitness & Nutrition\*  
**10:00: COA Board Meeting**  
11:00: Yoga  
12:30: Bridge  
1-3:00: Whist  
1-2:00: Pilates  
2:15-3:15: Chair Pilates

### Beef Stroganoff

**17**

**Martin Luther King Day**  
**All Municipal Offices Closed**

### No Meal Served

**18 Trip: Greendale Mall**  
10-11:00 Senior Line Dance  
10-12:00 Independent Artists  
Noon: Painting with Elaine  
10-11:00 Senior Line Dance\*  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginner's\*  
1:00: *Friends of the Shrewsbury Senior Center, Inc.*

### Chicken Cantonese

**19**  
9:30-10:30 Fitness & Nutrition\*  
11:00: Yoga  
**11:00: Blood Pressure Screening**  
12:30: Bridge/1-3:00: Whist  
1-2:00: Pilates  
2:15-3:15: Chair Pilates

### Liver & Onions w. Gravy

**24**

9:30: Piecemakers  
11-1:00: SSC Club  
11:30: Whist  
12:30: Bridge

### Scalloped Chicken

**25 Trip: Target**  
10-11:00 Senior Line Dance\*  
10:00: Independent Artists  
Noon: Painting with Elaine  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginner's\*

### Stuffed Cabbage

**26**  
9:30-10:30: Fitness & Nutrition\*  
11:00: Yoga  
12:30: Bridge  
1-2:00: Pilates  
1-3:00 Whist  
2:15-3:15: Chair Pilates

### Meatloaf w. Gravy



**27**  
9:00: Men's Group  
1:00: Pitch

### Chicken Divan

**28**  
9:30: Writer's Workshop  
10:00: Cribbage  
1-3:00pm: Busy Hands

### Newsletter mailing

### Macaroni & Cheese

**31**

9:30: Piecemakers  
11-1:00: SSC Club  
11:30: Whist  
12:30: Bidge

### Hearty Beef Stew

**PLEASE NOTE:** All special monthly activities, meetings and screenings *appear in italics* on the Calendar.

Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events.  
*The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.*

**Happy New Year!**

Wishing you a year of good health and happiness from all of us at the Senior Center

